# LOVE WHERE YOU LIVE COMMUNITY CLEANUP

SATURDAY, APRIL 21 10:00 A.M. – 2:00 P.M. Join us as we clean up the City, one neighborhood at a time!

Meet us at one of the following locations:

#### **NEIGHBORHOOD CLEANUPS**

SPECIAL EXHIBITS • REFRESHMENTS • RESOURCE TABLES Safety vests, orange bags and litter grabbers provided

- Daniel's Hill Community Center 317 Norwood Street
- College Hill Community Center 811 Jackson Street
- Fairview Community Center 3621 Campbell Avenue
- Yoder Community Center
  109 Jackson Street

#### **CITY WIDE CLEANUP**

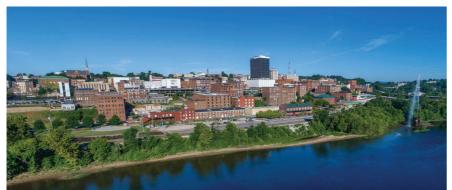
We will give you a location, safety vests, orange bags and litter grabbers.

• Public Works Complex 1700 Memorial Avenue

#### **PAPER SHREDDING**

As an extra bonus, 1st Choice Shredding will be at the Lynchburg Public Library, 2315 Memorial Avenue! Shred a large box or bag for \$10. All proceeds benefit the Friends of the Lynchburg Public Library.





### CITY OF LYNCHBURG NAMED ONE OF TOP SAFEST CITIES IN THE COUNTRY TO RETIRE FOR 2018

Security Choice.com has just named the City of Lynchburg as one of the top 100 safest cities in the country to retire. According to the report, a total of 495 U.S. cities were evaluated on several safety and retirement-focused metrics including FBI City Crime Data, percentage of residents that are of retirement age, healthcare costs, and elder abuse protection laws. Lynchburg placed in the top 100 as number 88. Only four Virginia localities placed in the top 100: Staunton (#46), Waynesboro (#59), Lynchburg (#88), and Harrisonburg (#97).

According to Lynchburg Police Chief Raul Diaz, the rating is an indication of the successful partnerships between public safety and the community. "It's wonderful to have our community recognized as being one of the safest places in the country to retire," said Chief Diaz. "It's a tribute to the tireless efforts of the men and women of the Lynchburg Police Department and our numerous community partners who strive at community building, making Lynchburg a safe place to live, work and play."

As the population ages, healthcare and the response times for emergency medical assistance becomes a critical concern. The Lynchburg Fire Department is the recipient of the Gold Level Heart Saver award from the American Heart Association for achieving 75% (or higher) on all Mission Lifeline quality measures to improve the quality of care for STEMI (serious heart attack) patients.

"With an overall average response time of less than seven minutes from the time of initial call, our return of circulation from cardiac arrest is greater than 51%, which is well above the national average," said Fire Chief Greg Wormser.

## Food - Performers - Crafters - Exhibitors - FREE Admission!



#### LIGHTEN UP LYNCHBURG 5K RUN/WALK EVENT

Saturday, March 24, 2018 at 9:00 a.m. Peaksview Park, 170 Ivy Creek Lane

The Lighten Up Lynchburg: 5K Walk/Run to Fight Obesity annual event will take place on Saturday, March 24. The event will be hosted by the Mayor's Youth Council (MYC), a group comprised of students from E. C Glass, Heritage, Virginia Episcopal and Holy Cross High Schools, working to raise awareness about obesity.

Riverside Runners will time the race, and there will be trophies for the top finishers in various categories as well as a medal for every participant.

To register, visit <a href="https://runsignup.com/Race/VA/Lynchburg/LightenUpLynchburg5KRunWalk">https://runsignup.com/Race/VA/Lynchburg/LightenUpLynchburg5KRunWalk</a>.

The MYC is also seeking sponsors for this event.

For more information, contact Dana Wright, Human Services Department at (434) 455-5795.

#### EASTER EGG ROLL ON THE LAWN

Saturday, March 31, 10:00 a.m. - 2:00 p.m. Point of Honor, 112 Cabell Street All Ages, FREE

Sponsored by the Lynchburg Museum and Lynchburg Parks & Recreation

Join the Lynchburg Museum System and Lynchburg Parks & Recreation for a fun-filled day at Point of Honor during the fifth annual Easter Egg Roll on the Lawn! The event is modeled after the White House Easter Egg Roll, a popular tradition dating back to 1878. Visit and grab a photo with the Easter Bunny, sit for story-time with our local celebrities,



join in on the egg roll, purchase items from attending vendors, hang out at the petting zoo, or pick up lunch from one of the local food trucks on-site. Did we also mention we're hiding over 10,000 eggs for our hunt? No matter your age, we promise fun for the entire family! Visit <a href="https://www.lynchburgparksandrec.com/programs-and-activities/easter-egg-roll/">www.lynchburgparksandrec.com/programs-and-activities/easter-egg-roll/</a> for more info.

## EASTER EGG



## LYNCHBURG PUBLIC LIBRARY EVENTS

All events listed below will take place at the Main Library, 2315 Memorial Avenue. For more information, call 455-6310.

## Master Gardener Discussion

Thursday, March 29, 4:00 p.m. Community Meeting Room

Susan Timmons will present "Our Country Cottage Garden" and offer gardening tips. Free flower seeds will be available while supplies last.

#### SPRING BREAK ACTIVITIES FOR CHILDREN AND FAMILIES

(The following activities will take place in the Youth Services Department and are free and open to the public on a first come first served basis.)

#### Babygarten Storytime

Monday, April 2, 10:30 a.m. – 11:30 a.m.

For children 2 and under and their caregivers



#### Chess for Kids

Monday, Wednesday & Friday April 2, 4 and 6, 1:30 p.m. - 3:00 p.m.

For ages 7-14

#### Spring Family Storytime

Tuesday, April 3

10:30 a.m. - 11:00 a.m. & 11:15 a.m. - 11:45 a.m.

Best for ages 2-5; all ages welcome

## Star Wars Family Program

Wednesday, April 4 11:00 a.m. - 1:00 p.m.

For all ages



#### Spring Craft Day

Thursday, April 5, 10:00 a.m. - 4:00 p.m.

For children of all ages

**"Stories With a Twist," Featuring Storyteller, Barb Lawson** Friday, April 6, 2:00 p.m. - 2:50 p.m.

For all ages